What Can I Cook?

1. Do you cook at home? (Circle best answer) All the time sometimes never
   If so, what do you prepare?

2. What is the first thing you do before you start to cook?
   a. get out ingredients
   b. wash hands
   c. read recipe

3. Which snack would you choose first?
   a. cookies
   b. chips
   c. cereal
   d. apple

4. Which would you measure with this cup? Circle the answer.
   a. flour
   b. water

7. How would you measure ⅛ teaspoon of salt?
   a. a little less than 1 teaspoon
   b. ½ teaspoon and ¼ teaspoon
   c. 1 teaspoon and ¼ teaspoon

8. What should you remember about using knives?
   a. use a cutting board
   b. cut away from you
   c. store knives separately
   d. don’t walk around with a knife
   e. all of these
9. Name three food groups on the Food Guide Pyramid?

__________________, ___________________, and ________________

10. How long can a glass of milk be kept out of the refrigerator?
    a. 1 hour
    b. 2 hours
    c. 4 hours

11. What would you like to learn to prepare in this class?

12. Are you allergic to any foods (not just dislike)? If so, what?